Valley Elementary School Students Design and Paint Mural of Peace and Harmony

Students at Visitacion Valley Elementary School designed and painted a colorful mural during the past spring semester with the help of business partner Goodby, Silverstein and Partners

GRAPEVINE
VISITACION·VALLEY

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Putting Those Prize Promotions Into Proper Perspective

"Congratulations! You've just won $5,000!" The words were music to the Dallas woman's ears, especially coming during the holidays, when she was feeling financially pinched. The caller told her she'd receive her check within two or three weeks, just when the holiday credit card bills would be coming in.

All the caller needed to finalize the deal was the woman's checking account number, which would allow him to deduct a $289 tax on her winnings from her account. He assured her that the charge wouldn't be deducted until her $5,000 check had been deposited to her account.

Two days later, an electronic check for $289 was presented to her bank, and she has yet to receive her $5,000 "prize."

The same caller contacted the woman the next month to announce that she'd won a $5,000 prize. When the caller realized that he'd mistakenly made a repeat call, she says, he quickly hung up.

Everyone loves to be a winner. A recent poll by Opinion Research Corporation showed that more than half of all American adults entered sweepstakes within the past year. Most of the contests were run by reputable marketers and non-profit organizations to promote their products and services. Some lucky winners received millions of dollars or valuable prizes.

But many sweepstakes are scams, and an alarming number of people lose money to them. The same fraudsters who "took" the Dallas woman also claimed victims from Spring Valley, N.Y., to Bryson City, N.C., to Syracuse, Utah. Some of the victims admitted to being uncomfortable about sharing their bank account information with the caller, but the silver-tongued sales pitch and the thrill of being a winner allayed their concerns—at least momentarily.

Every day, consumers across the United States lose thousands of dollars to unscrupulous prize promoters. Last year alone, the Federal Trade Commission received more than 10,000 complaints from consumers about gifts, sweepstakes and prize promotions. Many of the consumers received telephone calls or postcards telling them that they'd won a big prize—only to find out that to claim it, they had to buy something or pay as much as $10,000 in fees or other charges.

What's the difference between legitimate sweepstakes and fraudulent ones? According to Tom Carter, an attorney with the FTC, the federal consumer protection agency, prizes in legitimate sweepstakes are awarded solely by chance, and contestants don't have to pay a fee or buy something to enter or boost their chances of winning.

"But in fraudulent schemes, contestants almost always have to dip into their pockets to enter the sweepstakes or collect the so-called prize," he says.

Often the "fabulous prizes" touted in these contests aren't worth collecting. A "diamond pendant" might be the size of a pinhead. A "luxury vacation for two" might be an overnight in a seedy motel. An "all terrain vehicle" might be nothing more than a toy car.

Yet scam artists often use the promise of these and other "valuable" prizes to entice consumers to buy overpriced products or services, to contribute to bogus charities, or to attend sales pitches for land or vacation timeshares. People who fall for their ploys may end up paying far more than their "prizes" are worth—if they receive them at all.

Carter says consumers who sign up for contest drawings in public places, through the mail or online also may get more than they bargained for. That is, more advertising solicitations, more telemarketing calls, more unsolicited commercial e-mail, and possibly, more prize promotion offers.

Carter cautions consumers to read the fine print on contest drawing entry forms before filling them out and to steer clear of any that don't guarantee their privacy. "Consumers should look for a statement clarifying that the promoter won't sell or share the person's name with third parties," he counsels.

But the bottom line, he adds, is not to pay to enter a contest or collect a prize. "Remember that if you have to pay for your "prize," it's not a prize," Carter says. "It's a purchase."

Here are some of Carter's telltale signs of fraudulent prize promotions and sweepstakes:

*A notification telling you you've won a "big" prize—mailed to you at bulk rate.

*A requirement that you disclose your bank account information so the promoter can either deposit your winnings directly into your account or charge your account for taxes or fees on your prize.

*A requirement that you call a toll-free number for details. It's likely that you will be transferred you to a "900" pay-per-call number.*A requirement that you buy something, attend a sales meeting or pay a fee to enter or claim your prize.

For more information about prize promotions, visit the FTC website at www.ftc.gov. For a free copy of Prize Offers: *You Don't Have to Pay to Play*, call the FTC's toll-free helpline at 1-877-FTC-HELP (382-4357).

SFUSD Students Shine on Star Test

San Francisco Unified School District (SFUSD) administered the Stanford 9 (SAT) to nearly 40,000 students or 90 percent of the eligible students in grades 2-11.

Approximately one-fourth (24 percent) of the students tested were English Language Learners (ELL) who have had more than 30 months of English instruction or were recommended by a teacher or parent as ready to be tested in English. Another 3,353 ELLs with less than 30 months of English instruction were exempted from taking the test, a policy consistent with national testing standards and a policy that will be before the courts in the coming academic year.

SFUSD improved (90 percent) or maintained (10 percent) the average performance at each grade level in all subject areas with performance in Mathematics above average.

"I am very proud of the gains our district has made," said Linda Davis, San Francisco's interim school superintendent. "We need to celebrate our successes and recognize the dedication and commitment of our schools. It is a tribute to our hard-working teachers, motivated students, key educational interventions and lower class size. It is a comprehensive approach to improving student achievement."

Benefits Handbook Updates Veterans

A new edition of the Department of Veterans Affairs' popular handbook Federal Benefits for Veterans and Dependents updates the rates for certain federal payments and outlines a variety of programs and benefits for American veterans.

The 2000 edition of the 100-page booklet provides an overview of the VA benefits currently being used by more than 5 million veterans or their survivors. Most of the nation's 24.7 million veterans qualify for some VA benefits, which range from health-care program enrollment to burial in a national cemetery.

Federal Benefits for Veterans and Dependents includes resources to help veterans access their benefits including a listing of various toll-free phone numbers as well as a 30-page directory of the location of VA facilities throughout the country.

The entire text of the handbook—in English and Spanish—is available free on VA's Web site at http://www.va.gov/opa/feature/. The handbook is one of the top consumer sales publications of the U.S. Government Printing Office, which takes credit card orders at 202-512-1800 at a cost of $5 each to U.S. addresses. It can be ordered by mail from the Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954 (stock #051-000-00220-2).

Gas Prices Affecting How We Drive

A rise in gas prices over the last several months has done more than just affect people's pocketbooks. It has also changed our relationship with our relatives, the way we take care of our bodies and who we may vote for in the upcoming election.

According to a recent survey, when asked what consumers would do less of if gas prices continued to rise, the survey found that gym and health club attendance could fall 24 percent and non-emergency preventive health doctor visits could fall by 33 percent. The survey also found that 43 percent of respondents would drive less to visit relatives if gas prices continued to rise. Additionally, 49 percent of people reported that they are driving less because of rising gas prices, with 53 percent reporting that gas prices will affect their summer vacation plans.

"Every summer gas prices tend to rise, but this year they've increased much more sharply and much earlier than ever before, so we wanted to take a look at how the increases may affect people's driving habits," said Alan Bauer, Intemet business leader, progressive.com.

Other interesting findings include: when asked what consumers would do more of if gas prices continued to rise, the number one answer was "spend more time on the Intemet/computer," followed by "talk on the phone rather than visiting people" and "watch more television or movies at home." The survey also found that 35 percent of respondents said that high gas prices would affect how they will vote in the upcoming election.

The rise in gas prices could be hazardous to our health, as the survey found that gym and health club attendance could fall 24 percent and non-emergency preventive health doctor visits could fall 33 percent. Gas price hikes could also lead to a 52 percent rise in television viewership and a 55 percent rise in Intemet usage.

A whopping 35 percent of respondents said that gas prices will affect their vote in the upcoming election.

Gas prices will even affect the backbone of this country, the American family. Forty three percent of respondents said they would nix plans to visit relatives, 25 percent said that they would cancel plans to visit core family members like a parent or child, and 21 percent of those who answered the survey said they would cancel plans to see a family member in a performance.

When asked what consumers would do more of if gas prices continued to rise, 55 percent said "spend more time on the Intemet/computer," 53 percent said "talk on the phone rather than visiting people" and 52 percent said "watch more television or movies at home." Sixty percent of single people reported they would spend more time watching television or movies at home, versus 50 percent of married couples.

About 49 percent reported that they are driving less because of rising gas prices, with 53 percent reporting gas prices have affected their summer vacation plans, and 68 percent who drive sports cars now drive less, versus 42 percent of SUV owners. However, 21 percent of respondents would drive between five to ten miles to save 5 cents on the price of a gallon of gas.

Only 17 percent of those polled said they would turn to mass transit due to the high price of gas, with 31 percent doing less driving to movies, 28 percent driving less to go out to dinner, and 21 percent taking a vacation closer to home.

Visitacion Valley Groups Organizing Neighborhood Day

Organizers for Visitacion Valley Neighborhood Day have already met three times to coordinate various concessions and entertainment for the annual event.

This year's Neighborhood Day will take place on Saturday, Sept. 16 from 11 a.m. to 4 p.m. at three adjoining locations: Visitacion Valley Park, Family School and Elementary School on the block bound by Leland Avenue, Cora Street, Visitacion Avenue and Schwerin Street.

Along with great food and entertainment will be the arts and crafts, games, and service provider booths which made last year's event a success.

Volunteers wishing to contribute to or participate in the event can call Christina Wong at (415) 274-6760, ext. 308 or e-mail cwong@caasf.org .

A View of the Wide Open Spaces

Recent removal of several old abandoned storefront buildings at the southeast corner of Sunnydale Avenue and Hahn Street has left a large empty lot now ready for development.

GRAPEVINE MAILBOX

Scores Continue To Rise at VVMS

Dear Editor:

We are VVMS Falcon Proud at 450 Raymond Ave. A look at the test scores for Visitacion Valley Middle School show a continued improvement for the 1999-2000 school year. As we receive the results from the State Star test, we can see that each grade in our school has shown improvement. Only one score out of the 12 posted for the school did not show a gain.

Our goal has been to get to the 50 percent mark in all areas: reading, math, language and spelling. Our second goal was to see that as many of our students as possible who are eligible take the tests. We had a 94 percent turn out of students would were eligible to take the test (495), which is very very good.

Our students and parents took this test very seriously. The VVMS faculty and staff are very proud of the continued improvement of our student body. We look forward to continuing to improve this year.

Volunteers from the community are welcome to help us by sponsoring prizes for spelling bees, reading with students at school, and helping students as tutors in math and language development. Volunteers can assist during the day or after school at our Beacon Center. VVMS students have their eyes on the prize, and with everyone's help we could get to our goal of 50 percent this year.

Scores as follows:

Reading	Math	Language	Spelling	Grade level
30 to 36	49 to 50*	34 to 44	44 to 50*	6th grade
35 to 37	36 to 40	44 to 46	53 to 46	7th grade
26 to 29	33 to 40	35 to 38	37 to 39	8th grade

* national average

A total of 495 students out of 551 students at the school were eligible to take the test.

James Dierke, Principal,
VVMS "Falcon Proud"

Keep Produce Fresher, Longer

(NAPS) Nutrition experts recommend that we increase our intake of fruits and vegetables to at least five servings a day. Keeping plenty of fresh produce at home is one way to meet this goal.

One thing that can help keep produce fresher, longer is Maytag's new side-by-side refrigerator with ClimateZone technology. ClimateZone, a feature within storage drawers, adjusts to the optimal temperature for keeping specific food groups like produce, citrus and meats fresh for as long as possible.

"Different foods need different temperatures to last their longest," said Jane Burnett, R.D. and senior consumer scientist at Maytag. "For example, produce like asparagus does best at 34 degrees F while meats like to be colder at 31 degrees F."

To make the most of fresh foods, consumer scientists offer tips for selecting produce and keeping it fresh. Here are some tips on how to select and store fresh asparagus for maximum taste and freshness:

1. Choose firm, straight stalks with compact, closed tips. Look for bright green asparagus–there may be a hint of purple in the buds and that's okay.
2. At home, wrap the stem ends in a wet paper towel.
3. Store it unwashed in a plastic bag in the crisper drawer. Or put it in a ClimateZone drawer on the "Produce" setting. ClimateZone automatically adjusts to the optimal temperature to help keep produce fresher, longer.

For more information, visit www.maytag.com.

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What the State of the Economy Means for You

(NAPS) Whether you're looking to make money in the stock market, making a career move or just trying to make ends meet, the more you know about today's economy the better off you'll be.

A good starting point is to develop an understanding of three basic economic factors: inflation, interest rates and employment. These terms are mentioned frequently in newspapers and on television and radio, but what do they really mean and how do they affect you?

Inflation

When there is too much money in circulation, and not enough goods and services to spend it on, demand can increase, prices may rise and the result is inflation.

If the inflation rate is high, you may find that your income cannot keep up with price increases, noted Mark Mullin, Chief Financial Officer, Diversified Investment Advisors, a national investment advisory firm. Those hardest hit by inflation usually are retirees and others who live on a fixed income.

Lower inflation is better for the economy because when more products are purchased, companies will produce and sell more. As a result, their profits may rise, stock prices may climb and they may look to hire more employees.

However, if inflation goes too low deflation may occur--consumers might delay purchasing items in hopes that the prices will fall even more. This can reduce demand for goods and services, resulting in a situation similar to high inflation.

When the rate of inflation rises, interest rates are directly affected. Investors demand higher interest rates for their savings or investments, so that the value of money invested will at least keep pace with costs.

The Federal Reserve, or the Fed, raises and lowers interest rates in an attempt to control inflation. Lower rates tend to stimulate the economy because it becomes cheaper to borrow money. As a result, consumers may spend more and companies may produce and sell more. If the Fed believes that spending will lead to inflation, it will frequently increase interest rates in order to decrease spending.

Employment

Low unemployment means that more people are working; thus, they generally have more money to spend, which stimulates the economy. However, low unemployment can hurt the economy because when companies have trouble finding qualified workers, salaries may need to be raised, which could lead companies to achieve lower profits and increase their prices to compensate.

As a consumer, you may lessen the impact of inflation on your wallet by investing in stocks, bonds and mutual funds. Your invested monies provide companies with the capital they need to prosper, and not only will the companies benefit, but you have the opportunity to create a strong financial foundation for yourself and your family.

Stop Hate Violence: Resources for Residents Of Visitacion Valley

by Sema Dudum

What Is Hate Violence? Hate violence is intimidation, harassment, physical assault or threat of force, and/or property damage based on prejudice against a person's real or perceived race, ethnicity, national origin, religious belief, gender, sexual orientation, age or disability.

Hate violence and hate crimes are perpetrated against victims on the basis of their identity or perceived identity.Hate violence incidents may instill fear and intimidation among entire communities, and victims may experience feelings of paralysis, anger or despair. Intergroup Clearinghouse (IC) helps victims and community members navigate their way through the legal and criminal justice systems to get the assistance that they need.

You have the right to live free from violence or threats of violence. If you have been the victim of a hate violence incident or hate crime, IC may be able to help you.

A Community Resource

Intergroup Clearinghouse is a local non-profit organization that works to stop hate violence and promote positive intergroup relations through programs of prevention, education, advocacy and victim assistance. IC works with individuals and communities to respond to intergroup conflict, and the underlying issues which may have caused it.

By offering training, resources, and group meeting facilitation, we bring communities together to begin the dialogue and healing that is necessary, and work together to address the root causes of hate violence.

Intergroup Clearinghouse coordinates the Hate Violence Victim Assistance and Prevention Network, comprised of over one hundred agencies, including community based organizations, schools, and law enforcement agencies all working toward the goal of hate crime prevention. We work with neighborhood community organizations and schools. For example, in Visitacion Valley, IC has provided hate violence prevention information and workshops at the Girls After School Academy (GASA), Visitacion Valley Community Center, S.F. City College, Visitacion Valley Elementary and Middle Schools, Visitacion Valley Community Beacon Center, and at The Village. If you are interested in having IC work with your organization, contact us at 415-564-9410.

Workshops provided by Intergroup Clearinghouse include: responding to incidents of hate violence and developing prevention strategies; cultural awareness regarding race, religion, language and immigration status; gender roles and sexual harassment; sexual orientation and homophobia; and conflict management.

For more information, to report a hate crime, or to schedule a workshop, contact Intergroup Clearinghouse at 415-564-9410.

Over-the-Counter Drugs May be Problem For Headache Pain

(NAPS) While many Americans enjoy the benefits of over-the-counter drugs (OTCs) because they may be easy to find and cost-effective, consumers should be aware of their associated risks, doctors say.

Long-term health risks linked to habitual OTC use include severe gastrointestinal (GI) irritation and kidney and liver damage, but more immediate complications include adverse drug interactions, resistance to other medications and one of the most common, yet least known problems, increased daily headaches.

These headaches occur when sufferers do not find relief from OTCs and prescription analgesics and exceed the recommended dosages in an attempt to relieve their pain, causing a cycle known as rebound headache.

When excessive dosing becomes a pattern, any attempt to cut back on medication can cause more frequent headaches as each dose wears off. The medication interferes with the body's natural pain-blocking system, affecting the regulation of pain messages to the nervous system. Ultimately, sufferers reinforce the rebound cycle by treating, again and again.

Rebound headaches are of particular concern to the 60 percent of migraine sufferers who treat with OTCs, according to a recent study conducted by NFO Research Inc. for the National Headache Foundation (NHF) under an educational grant from Glaxo Wellcome Inc.

"I have seen migraine sufferers who have been taking multiple doses of OTCs each day, for years," says, Dr. Ninan Mathew, director of the Houston Headache Clinic. "Because many patients donÕt consider over-the-counter drugs to be medication, they may not consider the consequences of taking too many of them."

The NHF study found that 54 percent of migraineurs believe that migraines can be managed on their own. However, for many patients, migraines can be a disabling disease that requires consultation with a physician in order to ensure that patients receive the most effective treatment.

While OTC headache medications can be used in some patients to treat migraine pain, many migraine sufferers may want to consider prescription treatments including those that were developed specifically for migraine. The NHF study found that only 20 percent of OTC users are very satisfied with their medication.

While migraine most commonly affects women in their childbearing years, rebound headaches do not discriminate. People of every race, sex, economic background, and age are susceptible to rebound headaches.

Some children as young as 17 months have been diagnosed with rebound headaches, which is the most common cause of chronic daily headaches in children and adolescents.

Rebound headaches usually result from the overuse of both prescription and OTC medications, the most common of which are butalbital, and those containing caffeine and aspirin and/or acetaminophen, found in some OTC headache medications, narcotics, and prescription ergot-derivative compounds.

The typical rebound headache occurs one to three times a week, lasting from one to four days. Even after the offending medication is discontinued, it can take up to eight weeks to overcome rebound headaches, on average.

It has been shown that as few as two to four aspirin or acetaminophen tablets taken daily can lead to rebound headaches. "When treating with OTC pain relievers, you can consider yourself effectively treated if you achieve meaningful relief in 30 minutes or less and you aren't exceeding the recommended dose," said Mathew.

If you think you might suffer from migraine or rebound headaches, make an appointment to see your doctor and be prepared to honestly discuss how you currently treat your headaches.

What Can You Do With Plastics?

Plastic Bottles

(= Containers with neck smaller than base). Look for the number in a triangle on or near the bottom of the bottle. **ONLY #1 and #2 plastic bottles can go in your recycling bin.** However, many plastic beverage containers (#1 through #7) can be redeemed for cash at recycling centers. For a recycling center near you call 1-800-RECYCLE.

Plastic Cups & Tubs

Please do NOT put these containers in your recycling bin. Try to reuse them for leftovers. Clear plastic containers with lids, as well as film canisters can be taken to SCRAP for reuse. (SCRAP = Scoungers' Center for Reusable Art Parts, for more info call 415-647-1746).

Plastic Bags

First, reuse plastic bags as many times as possible! Then take plastic take-out and produce bags back to your local supermarket for recycling.

Styrofoam

Take clean styrofoam peanuts to packaging stores for reuse. Call 1-800-828-2214 for a location near you. There is currently no drop-off location in San Francisco for styrofoam blocks and food take-out containers.

Larger amounts of plastics

Commercial generators can call the San Francisco Recycling Program at 415-554-3400 for a free listing of plastic recycling companies.

CITY AND COUNTY OF SAN FRANCISCO

sfrecycle.org
(415) 554-RECYcle

Graduation Ceremony at VVES

During the graduation ceremony at VVES, a Scholar-Athlete Award was presented to Eugene "Ozzie" Hall by Mrs. Baker-Cohn.

Erica Tran (l) with Ms. Duong after receiving a Community Service Leadership Award.

The "Rising Star" Award were presented by Ms. Merling to Daniela Pinzon (r) whose brother Stevan also received the same award.

School Board member Eddie Chin (representing School Board Vice President Frank Chong) shared words of wisdom and inspiration with the VVES graduates. Mr. Chin, a lawyer with the San Francisco City Attorney's Office, is also a teacher at S.F. City College.

Visitacion Valley Elementary School's (VVES) auditorium was packed June 2 with more than 100 parents and supporters as 81 fifth-graders were promoted to middle school. VVES principal and staff congratulated graduates on having successfully completed school course work and requirements.

Selecting Computer Equipment for Students

In an age when multimedia projects are becoming as commonplace as book reports, gearing up for another school year often means gathering the right computer hardware and software. Selecting the right computer for your student requires a thorough assessment of his or her needs, which can range from speed and performance to space and mobility. A home desktop model is often favored for elementary students, as they don't need maximum accessibility and are likely to be sharing the PC with other family members. High school and college students, however, often benefit from the smaller size and portability of laptops, although they should be aware of the limitations laptops have regarding system upgrades and storage capacity.

There are several things to consider whether you're purchasing a desktop or laptop PC, including:

**The speed of the processor*: Intel Celeron or Pentium III are the recommended choices. It is difficult to find--or get by on--less than a 400 MHz processor. You may want to consider buying up to 600 MHz to insure that your system is not obsolete by next year.

**Memory*: To run most of today's applications you will need a minimum of 32 MB of RAM, but to run programs concurrently, it is best to have 64 to 128 MB available.

**Hard disk space*: With today's monster hard drives, it's easy to get a computer with at least 4GB, but don't settle for anything less, as the growing use of graphics files, MP3s and larger applications can still eat up this space quickly.

**Expandability*: The ease and efficiency with which you can add peripherals to your system is an important consideration. Newer PCs have USB ports, rather than traditional SCSI connections, so if you have older peripherals you're interested in using with a new PC, you'll want to look into connectors such as Adaptec's USBXchange cable adapter.

Software Necessities

These days, it's commonplace for computers to come preloaded with word processing, spreadsheet, presentation, Internet and/or email software, but depending on your needs, one of the major office suites may still be a good investment.

In additon, no PC should be without the following software products:

Antivirus: The explosion of the Internet has allowed viruses to move with lightning speed and strike with devastating effect. Popular product suites are available that contain a variety of utilities to protect your computer.

Data and System Recovery: Even with the best antivirus software suites loaded, deadly strains can still break through and wreak havoc with your system and data files. Melissa, Worm.ExploreZip and ILOVEYOU are still unpleasant memories in many PC users' minds. In the event of an unwelcome disaster, you'll want Adaptec's GoBack software installed on your computer. GoBack allows users to recover immediately from virus attacks, system crashes, failed software installations and user error by taking their hard drives back to a time before the problem struck--five minutes, five hours, even five days ago. Best of all, you're not required to know what went wrong in order to get your PC running properly again, so it's ideal for students.

Canadian Comments On a Good Neighbor

Widespread but only partial news coverage was given recently to a remarkable editorial broadcast from Toronto by Gordon Sinclair, a Canadian television commentator. What follows is the full text of his trenchant remarks as printed in the Congressional Record:

"This Canadian thinks it is time to speak up for the Americans as the most generous and possibly the least appreciated people on all the earth. Germany, Japan and, to a lesser extent, Britain and Italy were lifted out of the debris of war by the Americans who poured in billions of dollars and forgave other billions in debts. None of these countries is today paying even the interest on its remaining debts to the United States.

"When France was in danger of collapsing in 1956, it was the Americans who propped it up, and their reward was to be insulted and swindled on the streets of Paris. I was there. I saw it.

When earthquakes hit distant cities, it is the United States that hurries in to help. This spring, 59 American communities were flattened by tornadoes. Nobody helped.

"The Marshall Plan and the Truman Policy pumped billions of dollars into discouraged countries. Now newspapers in those countries are writing about the decadent, warmongering Americans.

I'd like to see just one of those countries that is gloating over the erosion of the United States dollar build its own airplane. Does any other country in the world have a plane to equal the Boeing Jumbo Jet, the Lockheed Tri-Star, or the Douglas DC10? If so, why don't they fly them? Why do all the international lines except Russia fly American planes?

"Why does no other land on earth even consider putting a man or woman on the moon? You talk about Japanese technocracy, and you get radios. You talk about German technocracy, and you get automobiles. You talk about American technocracy, and you find men on the moon--not once, but several times--and safely home again. You talk about scandals, and the Americans put theirs right in the store window for everybody to look at. Even their draft-dodgers are not pursued and hounded. They are here on our streets, and most of them, unless they are breaking Canadian laws, are getting American dollars from ma and pa at home to spend here.

"When the railways of France, Germany and India were breaking down through age, it was the Americans who rebuilt them. When the Pennsylvania Railroad and the New York Central went broke, nobody loaned them an old caboose. Both are still broke.

"I can name you 5000 times when the Americans raced to the help of other people in trouble. Can you name me even one time when someone else raced to the Americans in trouble? I don't think there was outside help even during the San Francisco earthquake. Our neighbors have faced it alone, and I'm one Canadian who is damned tired of hearing them get kicked around. They will come out of this thing with their flag high. And when they do, they are entitled to thumb their nose at the lands that are gloating over their present troubles. I hope Canada is not one of those."

High Teen Employment Rate Lowers Crime Rate

With nine out of 10 teens finding jobs this summer, authorities are expecting a drop in the nation's crime rate, Reuters reported July 18.

"These numbers, along with figures for young adults, are really crucial to understanding the declines in crime we've had since the early 1990s, especially the decline in violent crime, homicides, aggravated assaults and robberies," said criminologist Elliot Currie of the University of California, Berkeley.

Teen employment this summer is at its highest rate in history. Currie said employing a teen gets them off streets and out of bars. "That working kid is less likely to be dealing drugs, coming in your window or stealing your car," said Currie, a researcher at the Center for the Study of Law and Society.

The June report from the federal Bureau of Labor Statistics showed 88.4 percent of all teens who sought work have found jobs, leaving only 11.6 percent unemployed. Last June, the teen unemployment figure was 13.6 percent.

"The criminologists who've looked at employment and crime have found linkages that higher employment does lead to less crime. So I think that a reduction in crime is likely," said Eric Sterling, president of the Criminal Justice Policy Foundation, a Washington-based think-tank.

Join Together Online

ST. JAMES PRESBYTERIAN CHURCH

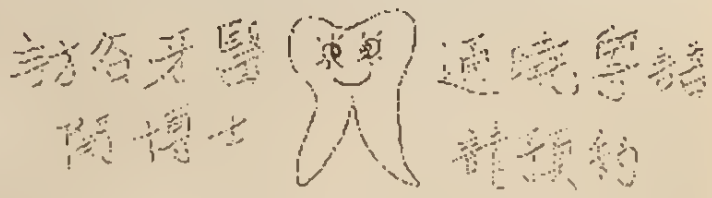
240 Leland Ave., San Francisco, CA 94134
The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.
Sunday Worship Service: 10:30 a.m.
Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehersal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

Visitacion Valley Dental Office
Albert Kuan, D.D.S.



10 Percent Senior Discount

37 Leland Avenue
San Francisco, CA 94134

Monday thru Friday: 9 a.m. to 5 p.m.
Saturday: 9 a.m. to 1 p.m.

Phone 239-5500 for an appointment

Cantonese Spoken

Mercury Thermometer Recycling and Junk Mail Reduction

by Stephanie Pruegel
S.F. Recycling Program

Q: What can I do with my old mercury thermometers?

A: Well, you missed the weekly collection events that took place during the month of May at local fire stations throughout the City, where an estimated 5,000 thermometers were collected. You can still take them to the Household Hazardous Waste Collection Facility at 501 Tunnel Ave. any Thursday through Saturday from 8 a.m.-4 p.m. Mercury thermometers are only hazardous if broken. However, the new digital thermometers that are now on the market are a much better choice, environmentally, and for accuracy, as they are easier to read.

Mercury enters the body through inhalation. The half gram of mercury in a mercury themometer is enough to contaminate 5 million gallons of San Francisco Bay water. It is also sufficient to contaminate nearly 3,000 six once cans of tuna. Over 450 kilograms or 450,000 grams of mercury enters the San Francisco Bay and its watersheds each year.

If a mercury thermometer does break, do not vacuum the contents. The heat will only cause the beads of mercury to vaporize more quickly, volatilizing the mercury into the air. Instead, with protective gloves, use an eyedropper and sticky tape to capture the beads, then dispose of at the Household Hazardous Waste Collection Facility.

Mercury thermometers are the single largest source of mercury in the municipal solid wastestream. About ten percent of the mercury contained in Bay Area wastewater is attributed to the breakage of thermometers. Health officials have issued fish consumption advisories for the San Francisco Bay due to the high levels of found in the fish caught here. This is especially of concern to pregnant women, since mercury is a neurotoxin. The City and County of San Francisco is looking for satellite drop sites to serve as collection points for old thermometers. We anticipate we will have a more convenient location soon. For further information, call 554-1647.

Q: How can I reduce the amount of unwanted advertising (aka: "junk mail") that I receive?

A: There are several ways to reduce the amount of unwanted advertising addressed to your home and office:

#1: *Write to Mail Preference Service*: Send your name (with all variations of spelling) and address to the address below, and state that you do not want to receive unsolicited mailings. This will take your name off many mailing lists for five years: Direct Marketing Association, Mail Preference Service, P.O. Box 9008, Farmingdale, N.Y. 11735-9008.

#2: *Credit Card Solicitations*: A 1999 Federal law enables consumers to remove their names from the lists that credit reporting agencies provide to credit card issuers. Call the following toll free number to request that your name be removed from these mailing lists: 1-888-5-OPT-OUT (1-888-567-8688).

#3: *Mail Order Catalogs*: Call the customer service number on the catalog or use the postage paid envelopes or cards and ask to be removed from their mailing list. When ordering from catalog companies, request that your name not be given or sold to other companies.

#4: *Warranty Cards*: You should consider not filling out warranty cards. They are used solely to gather names for mailing lists since you're covered by the manufacturer's warranty whether the card is returned or not.

#5: *Prevent Junk Mail Before it Starts*: When placing catalog or Internet orders, making charitable contributions, or subscribing to a magazine, request that your name be placed on an "in-house" listing only. This helps insure that you will be contacted only by that company or organization, and that your name will not be sold or traded to anyone else.

After reducing your junk mail, remember that whatever you still receive can be recycled in San Francisco's recycling program.

Waste Prevention Tip of the Month

Act now to avoid having too many new phone books sent to your home this fall! As a rule of thumb, you will be sent as many sets of phone books (both white and yellow pages) as you have telephone or fax lines in your house unless you request fewer books. To reduce the number of telephone books sent to you, call

Pacific Bell at 1-800-848-8000. All outdated phone books can be recycled with your mixed paper in the curbside or apartment recycling program.

If you have questions or article ideas that you would like to see in coming issues, please call (415) 554-3400 or e-mail sfrecycle@ci.sf.ca.us

Visitacion Valley Community Center Senior Program

Funded by the S.F. Commission on the Aging

Open 365 Days a Year
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66 Raymond Avenue 467-4499
Pat Crocker: Director

Tips for Achieving Sewing Success

(NAPS) For the more than 40 million sewing enthusiasts in the United States, it's common knowledge that a high quality iron is essential to help make sewing projects go smoothly and easily for a professional-looking outcome.

Before you embark on your next sewing project, Rowenta, the leading manufacturer of high-performance irons in the U.S., offers the following pressing tips as well as glossary of terms for sewing success:

*Always press as you sew to shape the garment or project.

Pressing: the technique used to lay open seams or to shape a garment. It involves holding the iron down on an area, using medium to hard pressure, then picking the iron up and moving to the next area without using a back and forth motion

*After you press, set the press by allowing the fabric to become dry and cool before removing it. Tools like a clapper and press mitt will help speed the process by removing dampness and heat.

Clapper: a block of wood shaped at an angle, used for pressing points (such as collars) when constructing a garment.

Press Mitt: a padded mitt about one inch thick with a heatproof shield, used for smoothing the garment after pressing or to hold inside garments and press areas that are difficult to fit over an ironing board.

*Press with the grain of the fabric to prevent it from stretching.

*Press the edge of fabrics first to test the results; if fabric shines after pressing, you may need a press cloth.

Press Cloth: a cloth used between the iron and the fabric to prevent shine or press marks. A couture press cloth is the most versatile type, with wool on one side and cotton on the other, designed to prevent the cloth from moving during use.

*Press darts and princess seams on a ham for shaping.

Ham: a sawdust-filled fabric tool shaped like a ham, meant to simulate the curves of the body (neck, bust, abdomen, hips), used to shape the garment while pressing.

*Do not overpress--once you have achieved the desired look, stop and allow the area to become cool and dry. This will set the press before you move the item.

*To restore the nap to fabrics like corduroy--steam the area without touching it; then rub the fabric on itself to raise the nap.

*When choosing an iron, select one that suits your sewing needs. For example, if you work frequently with fusibles, you may want to consider an iron with a soleplate that is easy to clean. Additionally, many sewing enthusiasts prefer an iron with no auto-off so they can continue to work without having to worry about the iron shutting off.

Following these simple tips and using a high-quality iron will help the sewing enthusiast achieve sewing success every time.

For additional sewing tips and garment care-related information, visit the Rowenta website at www.rowentausa.com.

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Financial Insights Along the Road to Independence

by Steven R. Herrmann

(NAPS) The number of millionaires in the United States has more than doubled since the start of the 1990s. Much of that wealth has come from the phenomenal growth of the stock market. In fact, about 45 percent of American households own stock, and stock holdings represent the greatest portion of their assets on average at 24 percent. The most striking statistic might be that in the last 5 years (November 1994-November 1999) the value of the US markets has increased by $10 trillion, and 40 percent of that $10 trillion in stock gains has made it to individual investor's portfolios and pockets. At the same time, personal savings rates have steadily declined since the mid 1980s. As we live in the prosperity of the moment, are we remembering to plan for the future and the ultimate American dreamÑfinaneial independence?

Many of the secrets of investment success, once available only to the rich, are now common knowledge to the general population. More than 200 years after we declared independence, we have discovered that the investment markets are one of the few places in this country where we have unlimited opportunity. The fundamental principles of financial planning not only allow us to take advantage of current opportunities, but they also prepare us for inevitable cycles affecting our long-term financial health. The real question is not "Who wants to become a millionaire?" but rather "What are the tools we need to become millionaires?"

To determine your appropriate level of financial risk, consider the following:

*Realism: Before investing, consider your intentions and expectations. What are you investing in? Why does it make sense? How much money can you afford to invest?

*Intuition: Some call it gut instinct. Regardless of its name, develop and rely on intuition.

*Sacrifice: There's no reward without sacrifice.

*Knowledge is Power: The more knowledge you have about a specific investment, the more likely you will be able to make the right investment decision.

Due to performance swings among markets, diversification and dollar-cost-averaging continue to be pillars of risk management. If we are realistic, use our intuition, understand the potential sacrifice and become knowledgeable, we are in a better position to determine our individual risk tolerance. "Risk" remains a four-letter word that can serve us well.

Rid yourself of debt and learn the fundamentals of financial planning. Be patient. You're employing a long-term strategy that will help enable you to live your dreams.

Each of us is free to make our own way toward financial independence. We can either react to today's news or make our own destiny. Becoming aware of the trends, concepts and choices is the first step. Long-term financial planning is the key.

For more information about financial planning, contact American Express at (800) GET ADVICE or visit their web site at www.americanexpress.com/advisors.

Steps to Foolproof Ironing

(NAPS) Did you know that if you have to iron--and who doesn't?--there are certain fundamental rules and steps for fool-proofing ironing. T-Fal, the world's largest maker of irons, has prepared a list of tips for you to not only prevent scorching and staining your favorite fabrics, but for making ironing just about as smooth as its unique soleplate.

Now, review these Top Ten Tips and on your next ironing day, you'll be fully prepared to take the wrinkles out of just about every fabric.

1. Always check fabric care instructions before ironing. Heat levels vary for different fabrics.

2. Iron synthetics on low heat; silk and wool on medium; cotton and linen on high. Always iron from lowest to highest heat settings.

3. Iron with long, slow gliding motions (never circular motions), so steam penetrates fabrics, removing wrinkles.

4. Use as much moisture as fabrics can stand.

5. Prevent scorching or glazing fine fabrics by ironing through a damp cotton or linen pressing cloth, or iron inside out to avoid shine.

6. Always use a pressing cloth on dark and solid fabrics and lined garments. It helps keep seams and pockets from showing through.

7. After ironing a section of fabric, leave it in place a few seconds for the steam to evaporate and the press to set. For best results when using starch, spray the fabric, then turn it over and iron on the reverse side.

8. The crucial ironing sequence for shirts is: collar, yoke, cuffs, sleeves and body, moving from one half of front around back to second half of front. When ironing collars, always iron away from points to the center.

9. To get wrinkles out of difficult fabrics like linens and cottons, set temperature on high and use irons with a greater steam output.

10. For maximum performance and long life, even in hard-water areas, look for irons like T-Fal's Ultraglides which are designed with self-cleaning features and anti-clogging valves.

CITY COLLEGE OF SAN FRANCISCO

FALL 2000 FREE NONCREDIT CLASSES START AUGUST 21ST.

Space is available in hundreds of day, evening and weekend noncredit courses at various campuses. City College also offers many short-term courses. Enroll by attending any class meeting during the semester. **Noncredit courses are tuition free!**

PARTIAL LISTING OF FREE NONCREDIT COURSES OFFERED AT VARIOUS CCSF CAMPUSES

Course Title	CRN #	Days	Times	Site/Room#
Accounting	80747	MW	5-7 p.m.	800 Mission 420
Accounting	80748	TTh	6:30-9 p.m.	106 Bartlett 414
Accounting: Computerized	80757	TTh	1:15-3:45 p.m.	1860 Hayes 214
Accounting: Corporate	81913	Daily	12:15-1:15 p.m.	1860 Hayes 218
Accounting: Principles	80754	Daily	8:15-10:15 a.m.	1860 Hayes 218
Accounting: Principles	80752	Daily	12:30-2:30 p.m.	940 Filbert 104
Art Weaving	80433	W	1-5 p.m.	1860 Hayes Gym
Auto Maintenance (Basic)	80406	MW	6:30-9:30 p.m.	1400 Evans 115
Auto Suspension (Adv)	80405	TTh	6:30-9:30 p.m.	1400 Evans 110
Basic Skills	81217	Daily	8:15-10:15 a.m.	1860 Hayes 207
Basic Skills	81218	TTh	6:30-9 p.m.	1860 Hayes 207
Blueprint Reading	81841	MW	6:30-9:30 p.m.	1400 Evans 232A
Business Computing	80771	MW	4-6:30 p.m.	3750 18th St.
Business Computing	80772	TTh	4-6:30 p.m.	3750 18th St.
Business English	81930	Daily	8:30-9:30 a.m.	106 Bartlett 414
Business Graphics	81825	MW	10:30-1 p.m.	1800 Dakdale 407
Carpentry Framing	81401	Sat	8-2:30 p.m.	1400 Evans 232C
Carpentry Framing	81402	MW	2-6 p.m.	1400 Evans 233
College Prep	81234	Daily	8:15-10:15 a.m.	1860 Hayes 201
Computer (Intro)	81377	MW	6:30-9:30 p.m.	1400 Evans 223
Computer Aided Drafting	80418	TTh	8:15-10:45 a.m.	1860 Hayes 405
Computer Applications	82186	Sat	9-11:30 a.m.	106 Bartlett 412
Computer Overview	80778	Daily	9:30-10:30 a.m.	2940 16th St.
Computer Overview	80779	MW	6:30-9:30 p.m.	106 Bartlett 409
Computer Overview	81474	MW	4-6:30 p.m.	3750 18th St.
Computer Overview	81487	MW	3-5:30 p.m.	106 Bartlett 407
Computer Apps (Intro)	81827	TTh	8-10:30 a.m.	1800 Dakdale 407
Computers ABE (Intro)	80762	TTh	3-5:30 p.m.	106 Bartlett 414
Computers ABE (Intro)	81929	Daily	10:30-12:30 p.m.	106 Bartlett 407
Construction (Intro)	80427	M-Th	8-11 a.m.	1400 Evans 232C
Construction (Intro)	80428	M-Th	6:30-9:30 p.m.	1400 Evans 232C
Electrical Code	82432	MW	6:30-9:30 p.m.	1400 Evans 106
ESL Citizenship	82439	MW	12:30-3 p.m.	106 Bartlett 312
ESL Citizenship	82440	MW	4:30-7 p.m.	106 Bartlett 302
ESL Citizenship	82441	TTh	7-9:30 p.m.	106 Bartlett 302
ESL Computer Assisted	82299	MTh	6-8:30 p.m.	1800 Dakdale 408
ESL Level 1-2	81939	Sat	9-2 p.m.	106 Bartlett 410
ESL Level 1-4	82298	Daily	8-10 a.m.	1800 Dakdale 508
ESL Level 3-4	82445	Sat	9-2 p.m.	106 Bartlett 308
ESL Level 5-8	80731	Daily	10-12 p.m.	1800 Oakdale 507
ESL Level 5-8	82449	Sat	9-2 p.m.	106 Bartlett 312
ESL Literacy	80146	M-Th	7-9:30 p.m.	106 Bartlett 404
ESL Literacy	80652	Daily	10:30-12:30 p.m.	106 Bartlett 408
ESL Literacy	80653	Daily	12:30-2:30 p.m.	106 Bartlett 408
ESL Literacy	80655	M-Th	7-9:30 p.m.	106 Bartlett 204
ESL Native Lang Lit	80641	Daily	8:30-10:30 a.m.	106 Bartlett 106
ESL Native Lang Lit	80642	M-Th	7-9:30 p.m.	106 Bartlett 408
ESL Native Lang Lit	80644	M-Th	5:45-7 p.m.	106 Bartlett 408
Expanded Woven Design	80432	W	1-5 p.m.	1860 Hayes Gym
Exterior/Interior Finishes	81839	Sat	8-2:30 p.m.	1400 Evans 233
GED Writing Prep	82382	M-Th	12:15-1:30 p.m.	1860 Hayes 213
Grammar/Composition	81225	TTh	4-6:30 p.m.	1860 Hayes 201
Keyboarding (Typing)	80915	Daily	8:30-10:30 a.m.	106 Bartlett 416
Keyboarding (Typing)	80924	M-Th	1:15-3:45 p.m.	1860 Hayes 222
Keyboarding (Typing)	80942	TTh	5-7:30 p.m.	1860 Hayes 222
Keyboarding (Typing)	81837	Daily	10:30-12:30 p.m.	106 Bartlett 416
Keyboarding (Typing)	82349	Daily	10:15-12:15 p.m.	1860 Hayes 222
Keyboarding (Typing)	80917	Daily	10:30-12:30 p.m.	940 Filbert 103
Keyboarding (Typing)	80918	Daily	12:30-2:30 p.m.	940 Filbert 103
Keyboarding (Typing)	80919	Sat	8-1 p.m.	940 Filbert 103
Math Skills I	82165	MW	6:15-8:45 p.m.	1860 Hayes 207
Math Skills II	82163	MW	6:30-9 p.m.	1860 Hayes 219
Math Skills Lab	81200	Daily	8:15-10:15 a.m.	1860 Hayes 108
Mechanical Drawing	80416	TTh	8:15-10:45 a.m.	1860 Hayes 405
Microcomputer Lab	81829	M-Th	1-2 p.m.	1800 Dakdale 407
Office Technology (Lab)	81486	MW	12:30-3 p.m.	106 Bartlett 407
Offset Press Operations	81055	MW	8:30-1:30 p.m.	106 Bartlett 301
Offset Press Operations	81056	TTh	8:30-1:30 p.m.	106 Bartlett 301
Offset Press Operations	81057	MW	6-10 p.m.	106 Bartlett 301
Oral/Written Communication	82396	TTh	6:30-9 p.m.	940 Filbert 208
Plumbing Code	81840	TTh	6:30-9:30 p.m.	1400 Evans 233
Pre-GED Prep	82379	Daily	10:15-12:15 p.m.	1860 Hayes 213
Pre-GED Prep	82383	TTh	6:30-9 p.m.	1860 Hayes 213
Pre-Press Production	81058	M	1:30-5:30 p.m.	106 Bartlett 301
Quiltmaking	80441	T	6-9 p.m.	1860 Hayes 64
Quiltmaking	80442	Sat	9-12 p.m.	1860 Hayes 64
Radio/TV Repair	80422	TTh	2:30-5:30 p.m.	1400 Evans 222
Sewing & Alteration (Fashion)	80438	Th	9-3 p.m.	1800 Dakdale 310
Sewing & Alteration (Fashion)	80439	M	9-3 p.m.	890 Beach
Speedbuilding (Typing)	80939	MW	6:30-9:30 p.m.	106 Bartlett 407
Speedbuilding (Typing)	80940	TTh	6:30-9 p.m.	106 Bartlett 407
Speedbuilding (Typing)	80944	TTh	12:30-3 p.m.	106 Bartlett 416
Surface Design 3D	82460	M	6-9 p.m.	1860 Hayes 64
Tai Chi for Health	80389	WTh	6-9 p.m.	1860 Hayes AUD
Tai Chi for Health	82431	Sat	9-11 a.m.	1860 Hayes AUD
VCR Repair (Adv)	80423	TTh	6:30-9:30 p.m.	1400 Evans 222
Weaving Tapestry	80434	Th	1-5 p.m.	1860 Hayes 64
Word Processing (Beg)	81892	TTh	10:30-1 p.m.	1800 Dakdale 407
Word Processing	81029	TTh	12:30-3 p.m.	106 Bartlett 409
Word Processing	81411	TTh	3-5:30 p.m.	106 Bartlett 416
Word Processing	82373	TTh	6:30-9 p.m.	106 Bartlett 409

Short-Term Courses

Course Title	CRN #	Days	Times	From/To	Site/Room #
Business English	81220	Daily	10:15-12:15 p.m.	8/21-10/20	1860 Hayes 226
Career/Income Mgmt	81443	Daily	10:15-12:15 p.m.	8/21-10/20	1860 Hayes 219
Computers ABE (Intro)	80763	Daily	8:30-10:30 a.m.	8/21-10/20	106 Bartlett 407
Computers ABE (Intro)	80764	Daily	8:30-10:30 a.m.	10/23-12/22	106 Bartlett 407
Computer Applications	80856	Daily	10:30-12:30 p.m.	8/21-9/19	106 Bartlett 409
Computer Applications	82472	MW	12:30-3 p.m.	8/21-10/18	106 Bartlett 409
Computer Overview	81488	Daily	10:30-12:30 p.m.	8/21-10/20	106 Bartlett 414
Computer Overview	82361	Daily	8:30-10:30 a.m.	8/21-10/20	106 Bartlett 412
Computer Topics	82365	Daily	10:30-11:30 a.m.	8/21-10/20	106 Bartlett 412
Computer Topics	82367	Daily	10:30-11:30 a.m.	10/23-12/22	106 Bartlett 412
Databases (Level 1)	82434	Sat	12-3 p.m.	10/7-11/4	940 Filbert 208
Desktop Publish (Beg)	80787	M-Th	12:30-3 p.m.	8/21-9/19	106 Bartlett 414
Front Page (Intro)	82336	Sat	12-3 p.m.	10/7-11/4	940 Filbert 102
Front Page (Intro)	82337	Sat	12-3 p.m.	11/18-12/16	940 Filbert 102
Grammar/Composition	82230	Daily	10:15-12:15 p.m.	8/21-10/20	1860 Hayes 201
Individual Web Sites	82374	Daily	11:30-12:30 p.m.	8/21-10/20	106 Bartlett 407
Individual Web Sites	82375	MW	3-5:30 p.m.	8/21-10/18	106 Bartlett 414
Internet (Intro)	82436	Sat	12-3 p.m.	8/26-9/30	940 Filbert 102
Internet (Intro)	82333	Sat	9-12 p.m.	11/18-12/16	940 Filbert 208
Job Preparation	80958	Daily	12:15-1:15 p.m.	8/21-10/20	1860 Hayes 226
Office Technology (Lab)	82462	Daily	10:30-12:30 p.m.	8/21-10/20	106 Bartlett 405
Oral/Written Comm	82391	Daily	10:15-12:15 p.m.	8/21-10/20	1860 Hayes 201
Pagemaker 6.5 (Beg)	80790	TTh	5-7:30 p.m.	8/22-10/19	1860 Hayes 228
PowerPoint 2000	82341	MW	7:30-10 p.m.	8/21-10/18	1860 Hayes 234
PowerPoint 2000	82343	TTh	1:15-3:45 a.m.	8/22-10/19	1860 Hayes 231
Power Point (Intro)	82335	Th	12-3 p.m.	9/28-10/26	940 Filbert 208
Power Point (Intro)	82437	Sat	12-3 p.m.	11/18-12/16	940 Filbert 208
Pre-GED INVEST Lab	81712	M	12-6 p.m	9/11-12/18	1860 Hayes 231
Speedbuilding (Typing)	81851	M-Th	2-4:30 p.m.	8/21-10/19	940 Filbert 103
Spreadsheets (Adv)	80880	Daily	10:30-12:30 p.m.	11/21-12/20	106 Bartlett 409
Spreadsheets (Beg)	80799	TTh	12:30-3 p.m.	8/22-10/19	106 Bartlett 407
Spreadsheets (Level 1)	80774	Sat	9-12 p.m.	8/26-9/30	940 Filbert 102
Spreadsheets (Level 2)	80782	Sat	9-12 p.m.	10/7-11/4	940 Filbert 102
Spreadsheets (Level 3)	80777	Sat	9-12 p.m.	11/18-12/16	940 Filbert 102
US History I	81448	Daily	8:15-10:15 a.m.	8/21-10/20	1860 Hayes 225
Windows (Intro)	81510	Sat	12-3 p.m.	8/26-9/30	940 Filbert 208
Women's Issues	81235	Sat	11-1 p.m.	9/9-11/4	1860 Hayes 213
Word Processing 1	81031	Sat	9-12 p.m.	8/26-9/30	940 Filbert 208
Word Processing 2	82354	Sat	9-12 p.m.	10/7-11/4	940 Filbert 208
Word Processing	81409	Daily	8:30-10:30 a.m.	8/21-10/20	106 Bartlett 409

Single-Class Meeting

Course Title	CRN #	Days	Times	Date	Site/Room #
Intl Bid Proposals	82371	T	6-9 p.m.	12/5	106 Bartlett
Intl Business Plan	82370	T	6-9 p.m.	11/28	106 Bartlett
Intl Trade Agencies	82372	T	6-9 p.m.	12/12	106 Bartlett
US Trade with Asia II	82366	T	6-9 p.m.	10/24	106 Bartlett
US Trade with Mid East	82368	Sun	6-9 p.m.	11/12	106 Bartlett

For more information visit the CCSF website at www.ccsf.org

Grapevine Puzzler Gods of Ancient Rome

A D B A C C H U S S F D C V D S A D F F
E P D R X V G H J K I L J H G S F G O G
S J O O T C B A D A H J K L H U C R H V
C I N L E N S U N A V L I S L N T C J X
U O V F L N B A V N E M N U V U C C M A
L I D C L O V M B N N N V N N A N A I S
A U F I U P R I A P U S X A V F U A N A
P J S J S S A T R M S F H J B R M B E S
I H D E F D G H J E M N V J O B A N R D
U N R V C X V R M R T N B R G Z R B V F
S E D M N V V A C C B I A K F C S O A E
C B F Q E T U S H U N J P N G S N C F N
R R G A V B N P A R C A E U H U V B G I
E E J N V M L V V Y L H G V J N D N H P
N W M O X U B M J E Y G F C N I B L J R
U E B M T K L J S G S O P D V M M M O E
T D V O Q E T C U I O T I C N R U T A S
P S C P V C V B A M V P A X X E N M J O
E G H V E R T U M N U S Y T E T W R Y R
N W E F S Z C F G C H A N O L L E B H P

Aesculapius
Apollo
Aurora
Bacchus
Bellona
Ceres
Cupid
Diana
Dis
Faunus
Flora
Fortuna
Janus
Juno
Jupiter
Luna
Maia
Mars
Mercury
Minerva
Mithras
Neptune
Ops
Pales
Parcae
Pluto
Pomona
Priapus
Proserpine
Saturn
Silvanus
Sol
Tellus
Terminus
Venus
Vertumnus
Vesta
Vulcan

Historic Proportions

Match clues to answers.
1968

1. Country was crippled in May by strikes.
2. Shocking assassination of civil rights leader on Apr. 4.
3. Rioting erupted in August here during Democratic Convention.
4. Summer Olympics opened here on Oct. 12.
5. She was Mrs. Aristotle Onassis on Oct. 20.
6. Invaded by Soviets on Aug. 22.
7. Country captured U.S. surveillance ship Pueblo on Jan. 30.
8. Winners of Super Bowl II on Jan. 14.
9. On Nov. 5 he was elected President.
10. Presidential candidate shot on June 5.
11. They became World Series winners on Oct. 10.
12. Baseball champs had 30-game winner on pitching staff.
13. On Jan. 9, last unmanned U.S. flight landed on moon.
14. Winner of third Wimbledon title on July 6.
15. Stanley Cup winners on May 11.
16. First manned orbit of moon in December.
17. Island gained independence on Jan. 31.
18. Warring province rejected Nigerian offer of peace on Aug. 18.

A. Mauritius
B. Richard Nixon
C. Detroit Tigers
D. Biafra
E. Surveyor 7
F. France
G. Billie Jean King
H. North Korea
I. Robert F. Kennedy
J. Apollo 8
K. Chicago
L. Green Bay Packers
M. Czechoslovakia
N. Jackie Kennedy
O. Rev. Martin Luther King, Jr.
P. Mexico City
Q. Denny McLain
R. Montreal Canadiens

Answers: 1-F; 2-; 3-K; 4-P; 5-N; 6-M; 7-H; 8-L; 9-B; 10-I; 11-C; 12-Q; 13-E; 14-G; 15-R; 16-J; 17-A; 18-D.

Book Sale to Support Branch Libraries

The Bay Area's oldest and largest book sale gets underway on Sept. 7 at the Herbst Pavilion in Fort Mason Center with all proceeds to support the San Francisco Public Library and each of its 26 branches. More than 100,000 books will be sold, most at bargain prices and many for $1 or less.

Nearly 100 tables with 40 categories of books will be offered at the sale with new books put out daily.

A *Members Only Preview* will take place from 2 to 4 p.m. on Sept. 7 followed by a *Public Benefit Preview* from 4-8 p.m. Admission is free Sept. 8 and from 10 a.m. to 6 p.m., and Sept. 10 from 10 a.m. to 3:30 p.m.

Friends and Foundation of the Public Library has sponsored the event each year for 36 consecutive years. Last year, a record $104,000 was raised to support the entire library system.

There are no library discards in the sale. All of the books, both new and used, are in good condition and were donated to the Friends and Foundation.

Sez Who?

Match quotes to speakers.

1. "A good man can be stupid and still be good. But a bad man must have brains."
2. "Far too many relied on the classic formula of a beginning, a muddle, and an end."
3. "I respect only those who resist me; but I cannot tolerate them."
4. "Each generation imagines itself to be more intelligent than the one that went before it, and wiser than the one that comes after it."
5. "Avoid having your ego so close to your position that when your position falls, your ego goes with it."
6. "They can't collect legal taxes from illegal money."
7. "Everything is funny, as long as it's happening to somebody else."
8. "As you get older you become more boring and better behaved."
9. "Time is the great physician."

A. Colin Powell
B. Al Capone
C. Benjamin Disraeli
D. Will Rogers
E. Maksim Gorky
F. Charles De Gaulle
G. Philip Larkin
H. Simon Raven
I. George Orwell

Answers: 1-E; 2-G; 3-F; 4-I; 5-A; 6-B; 7-D; 8-H; 9-C.

Sump, the Grump

As a Matter of Fact

*Since 1881, any time a new U.S. flag has been changed--following the admission of a state or states--the new banner has been unveiled on July 4.

*Writer Christopher Morley's explanation for naming his cats Shall and Will was, in his words, "Because no one can tell them apart."

*Badlands are regions that have been worn into steep hills and deep gullies by the action of wind, rain and floods. Badlands are common to semidesert regions in the western U.S.

*One square centimeter of human skin contains approximately 10 hairs.

*Cold cream is said to have been invented about 150 CE by the great Greek physician, Galen.

*When a piece of music is meant to be played *estinto*, it should be played so softly that it can hardly be heard.

*The triangular area between the sides of two adjacent arches is called a spandrel.

*Labor leader Eugene V. Debs received nearly a million votes for President in 1920 while in prison on espionage charges.

*English has a larger vocabulary than any other language, featuring more than 600,000 words.

*Carbonated soda water was developed in 1833 and was originally made into flavored soda by the addition of syrups.

*In some parts of the U.S. it was once believed that bringing splinters from a tree struck by lightning into a house would drive out fleas.

*Tracks can be used to guess at dinosaur speed and it's estimated that speeds ranged between 20 and 40 miles per hour.

*In 1860 tomatoes were still regarded so suspiciously that magazines recommended that they be cooked for at least three hours.

*The spice cumin is part of the carrot family. In ancient Rome it was believed that if it was fed to lovers they would remain faithful.

*In the film *Cleopatra*, Elizabeth Taylor changes costumes 65 times.

*According to Scottish tradition, hanging a piece of elder bush over doors and windows will keep the evil spirits out.

*English colonists introduced apple seedlings to North America but many distinct American varieties were soon developed.

lace as we know it developed in Italy in the 1400s. It grew out of cutwork or open pattern in embroidery.

*According to tradition, engravers kept emeralds on their benches. They would look at them to relieve eyestrain.

*The Chinese name Zhang is estimated to be borne by between 9.7 and 12.1 percent of the Chinese population.

Five Years Ago In the Grapevine

AUGUST 1995

*Members of the San Francisco's Department of Public Works, Public Utilities Commission, Water District and Fire Department met with Visitacion Valley residents July 20 to discuss future plans in upgrading the City's long-range Supplemental Water Supply Program.

*Schlage Lock Company began testing to determine if there were any underground contaminants beneath the property at 2401 Bayshore Blvd.

*In an initial action to help fund the construction and operation of 110 units of affordable housing, the Housing and Community Development Corporation (HCDC) was presented by HUD with a check for $11.8 million at a July 19 gathering at Geneva Towers.

*Little Hollywood residents gathered at the First Korean Presbyterian Church July 22 to draft preliminary terms and conditions to halt proposed expansion of the Household Hazardous Waste Facility on Tunnel Avenue.

*Two levels of ESL classes taught through S.F. City College were scheduled to begin at the Community Center on Aug. 21.

*Members of the Geneva Towers Residents' Council met July 20 to update members on several important matters.

*More than a dozen youth received completion certificates from a Daily Vacation Bible School program held at St. James Presbyterian Church.

Roofing Problems? Ask Tough Questions

(NAPS) Leaky roofs can be a real drip. And if leaks aren't tended to quickly, property could wind up being "all wet" with homeowners taking a bath on repairs.

For example, if a leak is caught early, you might just have a small stain on the ceiling--a small repair. But simple leaks can escalate into damage to the framing and sheathing that supports your home. Water can invade your living space and precious heirlooms can be destroyed.

In most cases, it's necessary to hire a roofer to handle repairs. But it's not always easy to find a reliable one; roofing is one of the highest categories for complaints to the Better Business Bureau. Fortunately, there are precautions you can take.

1. Educate yourself. Ask for help from your library, or do some research on the Internet. A great site to learn about roofing basics is at www.gaf.com.

2. Get referrals. Ask neighbors and friends. Make sure the roofer you select is factory-certified. There is a free service at 1-888-LEAK-SOS that selects among the best two percent of roofers in the country. Each of these *Master Elite* professional contractors is factory-trained, certified and has a local reputation for great quality and value.

3. Ask tough questions. Do they have current liability insurance? Do they carry current workers compensation insurance? Both are for your protection. Are they licensed and do they follow national, state and local building codes? If they don't, and your local building inspector finds out, you may be forced to rip out the job and start again--at your expense. Do they understand how to provide adequate attic ventilation, which is critical for the proper functioning and longevity of your roof? If ventilation is not done right, your energy bills can be excessive, and potential damage to your home and roof can occur.

4. Check the warranty coverage. All roofing materials come with a manufacturer's warranty against material defects, although the scope and length of coverage differs from manufacturer to manufacturer. In addition, many contractors offer their own guarantee against errors in their workmanship. You need to feel comfortable that both your contractor and the materials manufacturer are financially strong and likely to be in business if you need them in the future.

One new option is using a GAF Master Elite contractor with an optional Golden Pledge Ltd. Warranty. It is the only manufacturer's warranty available nationally to homeowners that provides coverage for both material defects and workmanship errors. And it's not just any manufacturer; this warranty is backed by GAF Materials Corporation, North America's largest roofing manufacturer. GAF has been in business for more than 110 years, offering homeowners the long-term peace of mind that their roof will be covered throughout the warranty period--even if their contractor leaves the business.

Roofing decisions do not have to be painful and frustrating, but they do require a little extra effort and investigation before you buy.

Truth About Tar and Nicotine Ratings

Why do some smokers choose "low tar" and "light" cigarettes? Because they think these cigarettes may be less harmful to their health than regular cigarettes.

The Federal Trade Commission wants you to know that cigarette tar and nicotine ratings can't predict the amount of tar and nicotine you get from any particular cigarette. That's because how you smoke a cigarette can significantly affect the amount of tar, nicotine and carbon monoxide you get from your cigarette. Research indicates that many smokers of "low tar" or "light" cigarettes compensate by taking deeper, longer, or more frequent puffs from their cigarettes. The amount of tar and nicotine a smoker actually gets also can increase if the smoker unintentionally blocks tiny ventilation holes in cigarette filters that are designed to dilute smoke with air.

When it comes to "low tar" and "light" cigarettes, the FTC wants you to know:

*The tar and nicotine numbers used in advertising and on packaging are determined using a smoking machine--a smoking "robot" so to speak--that smokes every brand of cigarette exactly the same way.

*The numbers do not represent the amount of tar and nicotine a particular smoker may get: First, people don't smoke cigarettes the same way the machine does; second, no two people smoke the same way.

*Many lower tar cigarettes have filters with very small vent holes in the sides that allow air to dilute the smoke in each puff. It's easy for smokers to cover the holes unknowingly; that results in them getting more tar and nicotine.

*It's impossible to tell from the ratings the amount of tar and nicotine a smoker will get from any cigarette. Smokers of lower nicotine cigarettes tend to compensate for the lower nicotine by-taking deeper and more frequent puffs than they would from a regular cigarette.

*The amount of tar and nicotine smokers actually get depends on how deep and how often they puff on the cigarette and whether they block the vent holes.

*Smoking "low tar" or "light" cigarettes does not eliminate the health risks of smoking. If you're concerned about the health risks of smoking, stop smoking.

The amount of tar and nicotine you get from your cigarette depends on how you smoke your cigarette. Don't count on the numbers. There's no such thing as a safe smoke. For more information, call the FTC toll-free, 1-877-FTC-HELP (382-4357) or visit www.ftc.gov for the Commission's 1997 Annual Report on Cigarette Advertising.

Growing up in the 60s

*Then: Long hair; Now: Longing for hair
*Then: A keg; Now: An EKG.
*Then: Acid rock; Now: Acid reflux
*Then: Moving to California because it's cool; Now: Moving to California because it's hot.
*Then: Seeds and stems; Now: Roughage.
*Then: Popping pills, smoking joints; Now: Popping joints.
*Then: Killer weed; Now: Weed killer
*Then: Hoping for a BMW; Now: Hoping for a BM.
*Then: Getting out to a new, hip joint; Now: Getting a new hip joint.

Senior Central District #7
Is Providing
Free Homeowner
or
Renter Assistance
Through August 31, 2000
at
Visitacion Valley Senior Center
66 Raymond Avenue
San Francisco, CA 94134
For more information, please call
Senior Central District #7 at
(415) 330-1789

Does Cutting Back Coffee Really Brew Up a Headache?

From many media reports in recent years, coffee drinkers have come to expect sluggishness and headaches as a result of missing their daily cup. Yet, an article in the Journal of Pharmacology (December 1999) challenges these common expectations and suggests that the symptoms from skipping the caffeine in coffee are not as common or as severe as some reports suggest.

The authors, a research team from Harvard Medical School, MDS Harris (a clinical testing facility for drugs and consumer products), and the University of Pennsylvania, began their investigation by adding caffeine-related questions to a demographic and medical survey of 11,112 people who called a testing facility following publicity asking for volunteers for drug and consumer product testing.

Of those surveyed, 6,815 people (61 percent) said they had caffeine from beverages such as coffee, tea, and colas on a daily basis. Only about 1 in 10 of daily caffeine consumers reported symptoms of caffeine withdrawal if they stop consuming caffeine suddenly. Less than 3 percent said their symptoms were severe enough to interfere with daily activities.

Of those reporting symptoms, 57 individuals were recruited for an intervention trial to gather more detail about the stated symptoms. The 14-day intervention trial used popular brands of caffeinated and decaffeinated instant coffees, but the participants did not know which coffee they were receiving during the trial.

Participants were asked to write down the beverages they consumed each day and to comment on the flavor and aroma of the coffee provided. They were also asked to say whether they liked and would purchase the coffee.

Participants also rated their moods and attitudes during the study. For example, they answered questions such as, "How relaxed were you today?"; "How alert were you today?"; and "Did you feel healthy and vigorous today?" Even though the participants were told in advance that caffeine content was one feature of the coffees they were evaluating, they were unaware that caffeine withdrawal was under scrutiny because of the variety of other information requested.

During the trial, the 57 individuals were divided into three groups. One group received caffeinated coffee during the entire trial.

A second group received caffeinated coffee for 5 days, then decaffeinated coffee for 7 days and finally caffeinated coffee for 2 days. Thus, for the second group, caffeine was suddenly withdrawn. Even so, the authors state, "Only six of the 18 subjects reported symptoms on the first two days of no caffeine." Women reported more changes in mood and attitude than the men did. The researchers suggest that future studies address how men and women may differ in their perception of caffeine withdrawal.

In the third group, participants drank caffeinated coffee for 5 days, followed by coffee blends that contained less and less caffeine each day over the next 7 days. By the end of the trial these participants were drinking coffee without caffeine. Although some participants in this group did report symptoms of caffeine withdrawal, there was no consistent pattern to their symptoms.

Other feelings noted by some participants included feelings of being tired or jittery, gastrointestinal problems, and headaches; however, there were no consistent symptom patterns. For example, feeling tired did not necessarily match consumption of a lower level of caffeine. Even participants in the first group reported symptoms, even though they had the same amount of caffeine in their coffee throughout the trial.

The researchers point to three important and unique features of their study in comparison with previous studies of caffeine withdrawal:

*Their study included more participants than other similar studies. The participants did not know the topic of the research. A segment of the participants was evaluated during a period of gradual caffeine withdrawal. These features helped to minimize problems with bias in the study design.

*Consumers regularly choose to consume caffeine-containing foods and beverages. Many report feeling uncomfortable or complain of headaches, nausea, fatigue, and muscle aches when they suddenly stop consuming these foods or beverages. Yet, these symptoms have not been documented in a scientific way.

The researchers point out that it appears that many more people report a history of withdrawal symptoms than show them when evaluated under blind conditions. According to researcher Dr. Charles O'Brien, "The dramatic thing about this study is the unexpected anecdotes from the subjects such as the person who reported withdrawal symptoms but who, as part of the study, had not had a change in consumption." Dr. Peter Dews adds, "I am impressed by the frequency that symptoms associated with caffeine withdrawal are reported when there is no reason to suppose there has been a change in caffeine consumption. On average, 18 percent of subjects in all groups on all days reported symptoms. When caffeine was abruptly withdrawn, 27 percent of subjects reported symptoms shortly thereafter. On the same days, 44 percent of the subjects in the group whose caffeine was not changed reported symptoms!" The researchers further note, "Perhaps a more important observation for evaluating the public health implications of caffeine withdrawal is that even among the people who say they have symptoms, few report these symptoms to be incapacitating."

This study was supported by the North American Branch of the International Life Sciences Institute. Doctors Peter B. Dews, Charles P. O'Brien, Gary L Curtis and Kathryn J. Hanford were responsible for the conduct of the study.

International Food Information Council

Helpful Hints to Avoid Road Rage

(NAPS) According to traffic safety experts, the rate of violent incidents, in which an angry or impatient driver tries to kill or injure another driver after a traffic dispute, has risen 51 percent.

To help reduce these statistics here are some simple do's and don'ts for dealing with pressure-packed traffic situations from the experts at Geico, the nation's largest direct marketer of auto insurance:

**Do* be patient. A few seconds more on the road is not going to make a big difference in getting where you're going.

**Do* signal your intentions. Using turn signals may defuse the potential hot-head behind you.

**Do* anticipate dangerous situations. If you see traffic converging, move to give other drivers room.

**Do* drive safely. You're less likely to attract attention and annoy other drivers if you follow those tried-and-true *rules of the road* from yesteryear.

**Don't* tailgate. Keep a safe distance from the car in front of you.

**Don't* honk your horn or flash your lights at the car in front of you.

**Don't* respond to hostile drivers. Any reaction could be seen as a challenge to the driver prone to anger.

**Don't* take it personally. If someone cuts you off, it may have been an honest mistake and not intentional.

Remember, in this new century of packed freeways and longer commutes, following a few courteous driving suggestions can go a long way in reducing road rage.

Commemorative Coins Mark Library of Congress Anniversary

(NAPS) As the Library of Congress celebrates its year-long bicentennial, the U.S. Mint has created two unique collector coins to commemorate the founding of the world's largest library.

The Library of Congress Commemorative Coins are considered to be the *Coins of Many Firsts* because they represent the first gold and platinum bimetallic coin struck by the U.S. Mint, the first U.S. Mint commemorative coins of this century and millennium, and the first U.S. Mint commemorative coins honoring a library.

The Bimetallic Coin features the hand of Minerva raising the torch of learning over the dome of the Library's Jefferson Building. The coin's reverse displays the seal of the Library of Congress encircled by a laurel wreath.

The Commemorative Silver Dollar features an open book superimposed over the torch of learning, symbolizing the vast knowledge provided by the Library. The reverse is an architectural rendering of the dome on the Jefferson Building.

Survey Ranks Extreme Views of Americans

(NAPS) Americans have developed a taste for all things extreme. According to a new national study on larger-than-life personalities, activities and tastes, people are picking and choosing what matters to them and then are immersing themselves in those priorities in big, bold ways--to the extreme.

Here are some of the results of the *Burger King X-Treme Survey*:

*Among those surveyed, Howard Stern comes out on top as the most extreme personality (33 percent).

*In sports, heli-skiing--jumping from a helicopter on a pair of skis--and sky-surfing--jumping from a plane on a miniature surf board are extremely equal (31 percent and 29 percent respectively) as the most extreme sport.

*Virtual reality comes away virtually unchallenged with nearly half of the overall responses for the most extreme technology.

*Regarding extreme fantasies, some Americans are extremely pie-in-the-sky. Forty-four percent consider a ride in the space shuttle as their most extreme fantasy.

*When the focus of the survey switches from immensely indulgent extremes to smaller, more realistic ones, Americans are loud and clear about their preferences. When asked what small indulgences they have treated themselves to in the past month, a huge majority said "cheeseburger and fries."

Grapevine Online

Visit the Grapevine's website at: http://home.earthlink.net/~visvalley for past news stories, local history and a complete business directory.

August 2000

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

S.F. City Meetings

Aging 1st Wed 9 30a, Airport 1st & 3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth. 2nd/4th Th 4p, Human Rights 1st/3rd Th 4 30p, Library 1st Tu 5 30p, Planning Th 1 30p, Police Wed 5 30p, Port 1st Tu/3rd Wed 4 30p, Public Utilities 2nd/4th Tu 2p, Rec and Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p, SF Supervisors Mon 2p

Visitacion Valley Community Center

Mondays: Senior Shopping 11 30 a m, **Tuesdays:** Senior Ceramics 9 30 a m -4 p m, Senior Bingo 12 30 p m., **Thursdays:** Sewing Class 9 a m -3 p m **USDA Food Distribution Day** is last Thursday of every month.

San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL	554-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous)	1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE	864-4722
DPW (days) 695-2017, (nights/weekends)	695-2020
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	553-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	553-1603
INGLESIDE STATION (Anonymous 333-3433)	553-1603
LELAND AVENUE RESOURCE CENTER	585-2575
MAYOR'S OFFICE	554-7111
MAYOR'S NEIGHBORHOOD SERVICES	554-6110
NARCOTICS TIPLINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT)	553-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	695-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	554-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	554-2300
VVMS ANNONYMOUS HOTLINE	281-8406

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE...DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for 'Welfare to Work–Job Readiness Training.' Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

ADVERTISING IN THE GRAPEVINE for ***Display:*** Full Page: $150; 1/2 Page $80; 1/4 Page $45; 1/8 Page $25; 1/12 Page $15. Discount for three or more insertions. Call (415) 467-9300 for more details ***Want Ads:*** 20 words for $1. Extra line 50 cents. Mail ad and payment by last day of prior month to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AUTOMOTIVE
BAYSHORE GAS & SERVICE (mechanic), 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
GARAGE BY TOP RACING, 130 Leland Ave. 333-5938
T.W AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709
BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAYMAY BEAUTY SALON, 60 Leland Ave., 337-9381
nvCALL'S FOR HAIR, 3585 San Bruno Ave., 467-7319
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800
A NEW START HAIR STUDIO (Joyce Hollins), 224 Leland Ave., 584-3077
TAMMIE'S HAIR DESIGN, 3564 San Bruno Ave., 330-9635
WHO'S BADD, 224A Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPER
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
CLOTHING
SPONA (designer fashions), 9 Leland Ave., 239-9631
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwerin St., 587-7895
TUNTEX U.S.A., 150 Executive Park Blvd., 468-6676
DISTRIBUTOR
PACIFIC FISH & POULTRY, 2414 San Bruno Ave., 468-2355
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FINANCING
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
FLORISTS
CUPID FLORIST, 36 Leland Ave., 585-7766
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
SAM'S DELI & LIQUOR, 25 Leland Ave., 239-7183
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580
7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646
SHIREL'S GROCERY, 1401 Visitacion Ave.
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TAUTUA MO DE (Samoan grocery, gifts, fabric), 15 Leland Ave., 585-0509
TEDDY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520
HAIR PRODUCTS
JADE HAIR PRODUCTS, 160A Leland Ave.
HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave. 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
LOCKSMITH
M-3 LOCKSMITH, 200 Leland Ave., 587-8403
LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811
MANUFACTURERS
NATIONWIDE PAPER COMPANY, 345 Schwerin St., 586-9160
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments: 715-0310
DR. SAM HO, M.D., 9 Silliman St. No. 4, 337-6135
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500
ORGANIZATIONS
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnydale Ave., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT 7, 66 Raymond Ave., 330-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-6811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION U.S.P.O., 68 Leland Ave., (800) 275-8777
REALTORS
CAMERON-JONES, INC. (Cathy Kline-Saunders), 334-0800
HENRY SCHINDEL, 239-5850
RESTAURANTS
CLIFF'S BARBECUE, 2177 Bayshore Blvd. 330-0736
G & L BAKERY AND RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE (community center), 333 Schwerin St., 239-5045
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES AND TRAINING (VVBEST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866
SHOE REPAIR
ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216
SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700
TAVERNS
THE CLUB HOUSE, 25 Blanken Ave
OLIVIA'S PLACE, 2600 Bayshore Blvd., 239-7711
TRAVEL
COMET TOURS & TRAVEL, 168 Leland Ave, 333-2996
GAMMS TRAVEL SERVICE, 34 Leland Ave., 333-9282
VIDEO
LELAND AVENUE VIDEO, 7 Leland Ave., 333-6288
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

Ingleside Station Police Report

*On May 29 at 2:27 p.m. on the 3300 block of Mission St., Ingleside officers met with the reportee who stated that he had been asleep when he saw the suspect climb in through his bedroom window and go into the business which was adjacent. The reportee then locked the suspect in the business until the officers arrived. The suspect was located hiding under cabinets and was taken into custody. Case 000637211

*On May 27 around 12:30 a.m., a black female, 43-45 years of age, 5'6", 130 lbs., wearing a puffy hat, vest, and big sunglasses forced her way into the customer service booth at the Safeway store at 4950 Mission St., pulled out a gun and ordered the two employees to hand over a unknown amount of money, which the suspect placed in a black duffel bag. The suspect exited the store and was seen getting into a possible 1979 Buick Century Coupe, black/gold or faded in color which drove away in a unknown direction. Case 000630271

*Ingleside officers responded to the 300 block of Richland St. on May 27 at 3:43 a.m. on a family disturbance between a brother and sister. The sister alleged that he brother challenged her and after a brief scuffle he stood outside the bathroom door with four knives making threats. After interviewing the brother he stated that his sister was hurting him during a fight and she "stomped" on his head. Visible bruising was seen by officers on his ear and a medical exam revealed a mild concussion. The incident was turned over to inspectors for any follow-up. Case 000632374

*On May 27 at 8:15 p.m., a male customer, 18-20 years, wearing a black puffy jacket and a bandanna covering his face handed a note to the clerk of Double Rainbow Ice Cream, 3100 Mission St. demanding the clerk put the money in the box, inside a bag with the note. The suspect lifted his shirt showing the clerk the handle of a gun, and the clerk handed over $160 in cash. The suspect was last seen walking southbound on Mission. Case 000633184

*On May 27 at 8:15 p.m. Ingleside officers arrived at Geneva Ave. and Prague St. regarding a panic alarm which was activated from a Muni coach. Immediately the suspect took off running and took refuge in Crocker Amazon Park. A perimeter was set up and the suspect was located attempting to walk out of the park. After a brief physical struggle he was taken into custody. It was learned that the suspect had punched the victim in the face while on the coach and when he saw the police he attempted to flee. Case 000631128

*On May 27 at 10:54 a.m, Ingleside officers arrived on Argonaut and Kelloch streets on a *shots fired* call to discover a victim who had been shot in the arm and leg. The victim refused to give any information as well as neighbors. Officers followed a blood trail and located a bullet casing as well as bloody U.S. currency. Case 000533479

*Ingleside officers responded to the 100 block of Highland on May 29 at 8:35 p.m. to investigate a report of domestic violence. After speaking with the victim, who had been pushed down to the floor and choked in the presence of her child, the suspect, who is the father of the child, was located on the 300 block of Brazil and taken into custody. The Domestic Violence Unit did a follow-up investigation. Case 000639665

*While in the area of Sunnydale Avenue and Sawyer Street on May 29 at about 9:25 p.m., an 18-year-old black male walking to the store was shot at by a black male wearing all-dark clothing with his face covered by either a ski mask or stocking. The victim suffered seven gunshot wounds to his body, and the suspect got away in an unknown direction. The incident is being investigated by Night Investigations. Case 000639530

*On May 29 at 10:13 p.m., a white Pontiac Grand Prix with two black females and one black male was involved in a short pursuit with Ingleside units, and during the pursuit a gun was thrown from the stolen vehicle. The gun was recovered but the suspects and vehicle got away. Case 000639643

*On June 3, a 32-year-old Hispanic male and his 30-year-old Hispanic girlfriend were assaulted in front of 3247 Mission St. at 1:50 in the morning by the brother of the female. Both victims were stabbed by the suspect, after the sister and brother got into a verbal argument. The suspect and someone else who was with him, a Hispanic male were taken into custody at 29th and Mission. Investigation continues by the Night Investigation Unit. Case 000658972

*Two vicious dogs escaped from the yard area of their home on the 300 block of Leland Avenue and were seen wandering on the 1200 block of Sunnydale. Animal Care and Control was called, and Ingleside officers were also sent to assist with locating the dogs. The dogs were located on the 100 block of Blythdale. One of the dogs was leashed without incident, but a larger dog became aggressive and began to charge after one of the officers. The officer had to shoot at the dog, and struck the dog in the chest area. The dogs took off running and were later located on the 300 block of Leland. Animal Care and Control took charge of the dogs, and also cited the owner of the dogs. Case 000660193

*On June 4, 2000 at 11:31 in the morning, a Hispanic male in his 20s, 6'5", 220, black hair, brown eyes entered the business at 5000 Mission, attempted to walk out of the store without paying for an item and was stopped by store employees. A physical altercation ensued, and the suspect struck one employee and pulled out a knife and stabbed another employee before escaping. He returned and threatened the employees not to call the police, and took off again. A getaway vehicle was located, but the suspect was no longer in the vehicle. Follow-up investigation is being done by the Robbery Detail. Case 000663294

*A 67-year-old black male living on the 100 block of Ripley Street met a Samoan male on Market Street on June 12 saying he had a Studebaker for sale, and the victim offered the Samoan male $200 for the car. The victim gave the male his home address and phone number. At 2:30 on the morning of June 13, the Samoan male, 5'9", in his 20s with three other people rang his doorbell. Recognizing the Samoan male, he let them in. While speaking and drinking with the group, the victim had a knife put to his throat, and was tied up and gagged. The suspects took money from the house, and after the victim untied himself, he called the police. The Robbery Detail is doing the follow up investigation. Case 000700216

*Ingleside officers investigated a Sexual Battery report made by an 18-year-old female that occurred on the unit block of Prague Street during the afternoon of June 14. The suspect is described as a Asian male, 20-25 years, 5'8", 180 lbs., black or brown hair with a tatoo of a jaguar on the upper right arm. Sex Crimes is investigating. Case 000708088

*A 36-year-old Hispanic male was struck on the head with a bottle by a 22-25 year-old Hispanic male, 5'7", 200 lbs. after words were exchanged by the suspect in front of 30 Leland Avenue. The suspect walked away, and the victim was treated at the scene for his injury. Case 000708389

*A Filipino couple were approached by a Filipino male 5'4", 150 lbs., 17-20 years, and a black male 6'1", 170 lbs. 17-20 years after exiting their vehicle on the 1100 block of Naples at 11:20 p.m. on June 14. The suspects asked the victims for money, and when the suspects were told "no," one of the suspects pulled out a gun. The victims handed over their property, and the suspects got into a 1982 Plymouth Laser, white in color, and drove off. Case 000708919

*On the morning of June 15 at 4:23 a.m., two black males, ages unknown, drove up next to a 68-year-old white female who was getting into her vehicle on the 200 block of Peru Street to go to work. The passenger got out of the vehicle, pointed a gun at the victim, and told her to give him her purse. The victim attempted to run back into her house, but the suspect ran after her and grabbed her purse off her arm. The suspects then drove off westbound on Peru. The victim did not get injured. Case 000709315

*Two friends who were concerned for the well-being of two other friends who they saw leave a bar with two males, followed the males to the unit block of Mirabel Street on June 17. After seeing the victims enter a house, they waited about 20 minutes, and when the victims had not come out, they went to check on them. The friends, witnesses, found the victims had possible been attacked by the males sexually and took the victims out of the house and called the police. Ingleside officers responded and after an investigation, one of the males was taken into custody. Follow up investigation is being handled by the Sex Crimes Unit. Case 000718504

*On June 17, a juvenile riding his bicycle on the 200 block of Putnam Street rode his bike across the street, and was struck by a vehicle. The driver of the vehicle failed to stop at the scene and was seen driving off north on Putnam. The juvenile was transported to SFGH and treated for his injuries. Case 000720587

Global Warming And the Fate of The Pacific Islands

Film Art Foundation's *True Stories* series presents a sneak preview of Andrea Torrice's *Rising Waters: Global Warming and the Fate of the Pacific Islands* on Aug. 9 at 8 p.m. at the Yerba Buena Center for the Arts, 701 Mission St. Tickets are $7.

Rising Waters documents the frightening phenomenon of global warming, the resulting rise in sea levels, and the huge threat this presents—especially to islands in the Pacific. Experts point out that the 1990s were the hottest decade in more than 1000 years. As melting ice feeds the growing oceans, a rise of only a few feet in sea level could make an entire nation disappear.

Majority of Americans Oppose Gun Lawsuits

A new survey found that nearly half of all Americans are opposed to municipalities suing gun manufacturers, but opposition appears to be weakening, Reuters reported July 12.

According to the poll, 55.9 percent of those surveyed said the lawsuits were a bad use of taxpayer money, while 28.9 percent believed they were a good use.

On the other hand, the survey by the trial consulting firm DecisionQuest also found public support for litigation increasing.

According to the poll, 41.7 percent of female respondents favored the lawsuits, compared with 23.9 percent of men. "There was a huge gender difference that you don't always see in other lawsuits," said David Davis, senior vice president of DecisionQuest. "Gun litigation is a gender issue."

The survey also revealed a strong regional divergence regarding gun lawsuits. For instance, 45.1 percent of respondents in the Northeast said they supported such litigation, while 53.2 percent in the South said they opposed government gun lawsuits.

The survey was based on responses from a telephone survey of 1,017 adults conducted July 7-9.

Join Together Online

Forever Preserved

(NAPS) Thanks to a new series of stamps a new generation of children may appreciate the heroic efforts of some American soldiers, and may learn new episodes in American history they may not be familiar with.

Four soldiers won't be forgotten thanks to the U.S. Post Office. The soldiers fought for their country with unparalleled courage and bravery. These four American soldiers: Omar N. Bradley, John L. Hines, Alvin C. York, and Audie L. Murphy will become icons of American history as the U.S. Postal Service issues the Distinguished Soldiers commemorative stamps.

"The Postal Service takes great pride honoring four courageous Americans with the issuance of these stamps," said Einar V. Dyhrkopp, who is the presidentially appointed chairman of the Postal Service Board of Governors, and who dedicated the stamps.

"I know that these four men hold a special place in the hearts of many Americans. It is a fitting tribute that their dedication and bravery will forever be remembered on U.S. postage stamps."

Sergeant Alvin C. York was awarded the Medal of Honor for his single-handed capture of German soldiers during World War I.

General John L. Hines, also a veteran of World War I, was awarded the Distinguished Service Cross and the Distinguished Service Medal for his bravery and leadership in combat. He went on to become Army Chief of Staff.

Lieutenant Audie L. Murphy received the Medal of Honor for saving the troops in his company and single-handily breaking up a German attack toward the end of World War II.

General Omar Bradley commanded the First Army during the 1944 Allied landing in Normandy, later serving as Army Chief of Staff and the first chairman of the Joint Chiefs of Staff.

To see an image of the Distinguished Soldiers stamps and other stamps scheduled for release, or to order any U.S. stamps and other philatelic items, go to www.stampsonline.com, or call toll-free 1-800-STAMP-24.

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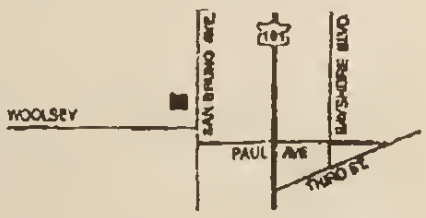

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